

Physical Education:
Standards and Benchmarks for Grades 9 & 10

Standard 1: Students will use a variety of movement forms.

Benchmark
Level: Grades 9 & 10

- 1.1 Demonstrate appropriate body control.
- 1.2 Perform a variety of manipulative skills
- 1.3 Perform a variety of locomotor skills

Standard 2: Applies movement concepts and principles in the development of motor skills.

Benchmark
Level: Grades 9 & 10

- 2.1 Understand a variety of activity concepts
- 2.2 Understand game rules
- 2.3 Recognize similarities in different movement forms
- 2.4 Evaluate activities based on prior knowledge
- 2.5 Apply knowledge of positioning and game strategy
- 2.6 Demonstrate spacial and body positioning

Standard 3: Students will understand how to achieve, monitor and maintain a health-enhancing level of physical fitness.

Benchmark
Level: Grades 9 & 10

- 3.1 Identify key elements in a healthy life-style
- 3.2 Know how to maximize health through exercise and physical fitness
- 3.3 Understand how to analyze and monitor appropriate health-enhancing aspects of exercise

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Standard 4: Students will demonstrate responsible personal and social behavior as well as respect for differences among people in physical activity settings.

Benchmark
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- 4.1 Use equipment safely
- 4.2 Cooperate in variety of activities
- 4.3 Evaluate classmates
- 4.4 Analyze work and adapt activities.

Standard 5: Students will understand that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction.

Benchmark
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- 5.1 Recognize that activities allow for cultural expression
- 5.2 Understand that games provide opportunities for creativity
- 5.3 Understand the relationship between physical and mental challenge and how it results in personal development
- 5.4 Understand that physical exercise allows for socialization and group cohesion